

HRC NEWS & VIEWS

Volume 6, Issue 9
SEPTEMBER 2010

LIBRARY GETS NEW HOME

Plans to move Human Resources to Building 3 and the recent school move to second floor south prompted the relocation of the library. Our volunteer librarian, Karen Baisinger, provided the guidance we needed to transform the big day hall on 81S into a bright, efficient and safe place for the youth to read and study. Youth from the Prevocational Center and a few who had community service assignments spent two weeks cleaning out rooms, moving furniture and transferring books to moving racks. Linda Weber, Jean Luther, Cheri Delay, Chris Martin, the maintenance men and myself all pitched in and by the end of the day on August 13th, the library was ready for operation. If you haven't visited the new library, come check it out. While you're at it, remember, staff may check out books, too!



GUESS THE LENGTH CONTEST

Can you guess the total number of inches of the bookcases in the old library in Building 3?

Employee who comes closest to the actual number will win a prize!

Email Corinne Jensen with your answer by September 17.



HOUSEKEEPING WEEK

SEPTEMBER 12—18

Please take this time to thank the housekeepers for doing all that they do. We value their efforts and their attitude, too.



INFORMATION OVERLOAD! By Marj Colburn

It seems that when we start getting into fall, there is a plethora of information that we either need to absorb, or we need to provide about the services at HRC. This fall doesn't seem to be any different than those of the past.

By the time you read this, all of our staff who may have contact with Joint Commission (JC) Surveyors will have been through the Power Point training. This is Step One in getting everyone on board with the process. Next Steps include making sure everyone gets a copy of the Frequently Asked Questions booklet and participates in Required Inservice 2010. The focus will be on information you need to know about the operations and safety of the HJCDP program at HRC. At the same time, we are working on some games to engage people in answering JC surveyor questions – things like mock interviews and a spinoff of the Easter Egg hunt we held last spring. There will be more details to follow.

As we head into the fall, we are aware that the Legislature will again start meeting in January. As the Senators gear up to head back to work, they begin to look at bud-

gets and proposals. HRC will be asked to submit a variety of information about staff, costs, and needs of the youth and the program. During the summer, Phil Parker completes a follow-up study of outcomes for the youth who have been in our program, and that information is shared with interested parties. Information will be pulled together about where the youth come from, age, school reports, gang information, Behavioral Accountability Meetings, Learning Committee reports and other aspects of the program to provide an overview of HJCDP services and the youth we serve.

Medicaid is discussing changes in payment for some of the off-campus appointments we make for the youth. We will be gathering numbers about those appointments and will be adjusting whatever we need to in order to keep the budget solvent.

It is normal for us to get a little paranoid when people start asking questions about the program and the services we provide. We will all work together to help each other out when those stress levels get a little high in the next few months.

I look forward to celebrating with everyone our successful completion of the Joint Commission Survey. We will continue to provide a quality program for the youth as we work with Legislators and others to keep HJCDP on track and operational.

SOME SEPTEMBER 2010 HAPPENINGS BY LINDA WEBER

- 9/11 National Remembrance Day
- 9/12 Grandparents Day
- 9/13 Positive Thinking Day
- 9/17 POW/MIA Recognition Day
- 9/18 National Respect Day
- 9/21 International Day of Peace
- 9/22 Elephant Appreciation Day
- 9/23 First Day of Autumn

Weeks of:

- 12th–18th Housekeepers Week
- 19th–25th Clean Hands Week
- 26th–2nd Dog Week

September is also known as:

- Better Breakfast Month
- 9/15/10 to 10/15/10 is National Hispanic Heritage Month

From the Director

by Scot Adams



I thought you might like to hear about the Nebraska Family Helpline and its progress so far.

The Helpline gives information and assistance to parents, guardians, children and others seeking help with a variety of behavioral health issues. We contract with Boys Town to operate this toll-free line (1-888-866-8660).

The counselors who answer the phones provide referrals to commu-

nity services, link families to the Family Navigator service, and share techniques for de-escalating contentious situations and establishing rules/expectations in the home. They assess safety risks and contact law enforcement on behalf of callers, if necessary. They provide a sympathetic ear and words of encouragement to those who want to vent frustration about their family situations.

The largest number of calls come from parents seeking assistance about children not following family rules, aggression at home, and arguing.

Of the 1,130 unique families that contacted the Helpline in the first six months, almost a quarter reported that their children had a mental health diagnosis, the most common being ADHD/ADD. Other diagnoses commonly reported by families included bipolar disorder, oppositional defiant disorder, and depression.

Approximately 50 percent of the families that contacted the Helpline reported that their children had undergone at least one form of mental health treatment. Community-based outpatient treatment

(Continued on page 3)

FROM THE DIRECTOR

(Continued from page 2)

was reported 55 percent of the time, mostly counseling and therapy.

Families have told Helpline counselors that they had tried less restrictive forms of treatment such as counseling and/or medication and were seeking more restrictive types of referrals.

Helpline counselors use the Boys Town Referral Database to give information on services that best match the needs of the callers. The most provided referral type was mental health services.

It should come as no surprise that the most calls related to 15, 16 and 17 year olds. Single parents called the most (42 percent of calls).

The Helpline is being well-received. In a survey, of the people who responded, the average ranking given was 4.5 out of 5 (with 5 being excellent).

The Helpline connects parents and others with the resources they need to deal with troubled children. Along with the Nebraska Network of Care website (<http://www.dhhs.ne.gov/NetworkofCare/index.htm>), it offers hope and assistance to those who most need it. Please let your friends and family members with children know that it is available.



Support Safe Kids

Safe Kids South Central, sponsored by Mary Lanning Memorial Hospital, is in the running for a \$25,000 grant to keep our children safe in the Hastings Area.

Anyone 13 years or older with an email address may vote daily in **October**. Go to www.refresheverything.com and search for safekids, Mary Lanning, or car seats.

Thanks for your support in this important endeavor!

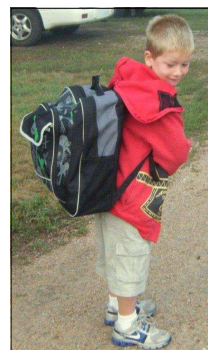
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Maddie is ready to go to her 1st day of preschool at the Clay County Learning Center on August 30th. Maddie is the Granddaughter of Jane Wells.



Aiden's 1st day of school was on August 18. He attends 1st Grade at Sandy Creek School and is the Grandson of Jane Wells.

Employee Wellness Fair

Does an apple a day really keep the doctor away? Find out on.....

Tuesday – September 28th, 2010 1:00 pm – 3:30 pm

South Cafeteria in Building 3

Food, Health Information, Gifts for all Staff, Door Prizes, Fun!!!



NEW EMPLOYEE JOINS HRC

BY BETH BARTELL

Katie Springer joins the HJCDP afternoon staff as a MHSSII. Katie recently graduated from the University of Nebraska at Kearney with a Bachelor of Science in Social Work. She completed an internship with the Social Work Department at the Grand Island Veterans' Home.



Welcome, Katie!

Thank You

Organizers of the benefit for Kurt Weseman would like to extend their appreciation to staff who contributed to the benefit. Perhaps you made an item for the bake sale, volunteered to assist in the kitchen, supported the benefit by attending the meal or anything else. The benefit was a huge success, and would not have been possible without the generosity of local merchants and your support.

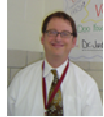
We hope you will continue to keep Kurt and his family in your thoughts and prayers.

JOINT COMMISSION MATCH-UP by Marj Colburn

Identify the staff member on the right and at bottom of page responsible for the assignments on the left. Be careful, some people may have more than one assignment. See answers later in the issue.

1. Oversees the Education of the youth
2. Oversees the Education of staff
3. Responsible for the Infection Control Program
4. Helps the youth earn Community Service hours
5. Organizes all of the Out-of-school activities
6. The go-to person for searches/contraband issues
7. Safety Coordinator for HRC
8. Ultimately responsible for documentation/legal concerns
9. Manages personnel issues and payroll
10. The go-to person for Mandt concerns
11. Responsible for the substance abuse program
12. Sends out the delinquent Medical Record list
13. Makes sure staff have licenses and certifications
14. Addresses medical needs of the youth
15. Supervisor of all teachers
16. Takes care of youth lab work (UAs, blood)
17. The Supervising Practitioner of HJCDP
18. Responsible for Learning Committee/BAMs
19. Has work responsibilities from Omaha to Scottsbluff
20. Always pleasant and smiling
21. Risk Manager for HRC
22. Oversees Performance Improvement projects
23. HRC's CEO

Dr. Judson



Heather Sidders



Sherry Block



Susan Kotas



Bill Gibson



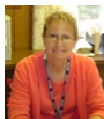
Jean Luther



Dave Baisinger



Nancy Kinyoun



Marj Colburn



Steve Fielder



Dr. Wyse



LaDene Madson

Russ Meyer

**FOR SALE**

1995 Ford Mustang, good condition, runs great! \$2200.00 or best offer.

30 gallon aquarium with wooden stand for \$50.00 Contact Allen at 984-6363

Medela double breast pump. Call Jane at 3217 or 771-2492

WANTED

Lazy Susan for kitchen cupboard. Call Jane at 3217 or 771-2492

Mini motor home (Class C or B Plus) in good condition, '96 or newer, maximum 28', prefer Ford, call Sherry 460-4795

GARAGE SALE

Sept. 17, 18 & 19 @ Bladen Fairgrounds. 10:00am to Afternoon/Evening. Collectibles, household items, furniture, antiques, discounted wind spinners and more! Contact Sandra @ 3305 for more information or to answer questions

Change in GED Testing Room

The GED testing room has been moved to the Smart Recovery room on the ground floor. This was necessary to keep the noise and disruption to test takers to a minimum. We've been using this room for a couple of weeks, and it is a much quieter space.

HRC EDITORIAL BOARD

Corinne Jensen, Editor – 3127

Marj Colburn, 3166 Sherry Block, 3260

Carolyn Brown, 3295 Cheri Delay, 322

Linda Weber, 3255 Jean Luther, 3383

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size & content.

AA/EOE/ADA

Bad Day at Work Bars *from the kitchen of Brian Crouse*

2 cups chocolate chips – semisweet or bitter sweet
1 1/2 cups rice crispies cereal
1 1/2 cups quick oats
1/2 cup flaked coconut
1/3 cup shelled sunflower seeds
1/2 cup honey
1/4 cup butter
1/3 cup peanut butter (smooth or chunky)

Directions: Grease 13 x 9-inch baking pan. COMBINE morsels, cereal, oats, coconut and sunflower seeds in large bowl. HEAT honey and butter in small, uncovered saucepan until mixture just comes to a boil; reduce heat. Boil gently for 5 minutes, stirring constantly. Remove from heat. Stir in peanut butter until melted and well combined. POUR peanut butter mixture over chocolate mixture in bowl. Stir well to combine (morsels will melt). Carefully press mixture firmly into prepared baking pan with a spatula or the back of a spoon. Cover; refrigerate until firm. When firm, cut into bars. Store in a covered container in refrigerator for up to 1 week.

Brian challenges Mary Lou Haberman to a recipe in October!

Staff have suggested, and Dietary has responded *by Cheri Delay*

In response to requests from unit staff, Dietician Lisa Sedlak has implemented a change in meal ticket procedures. Staff expressed to her that they may not always have planned to eat in the cafeteria but because of circumstances—like the meal looks really good on a particular day, or they forgot to bring their lunch, or they can't get out because of the weather—they decide they want to eat in the cafeteria. It's a lot easier coming up with \$4 for a one-day ticket as opposed to \$20

for a five-day ticket at the last minute.

As a result of letting Lisa know, we began selling single cafeteria meal tickets for employees effective September 1, 2010. The single meal ticket is \$4.00 and the five-meal ticket is \$20.00. The one-day meal ticket looks a little different and is green in color.

Meal tickets are available for purchase from Business Office staff from 7:45 a.m. to 4:30 p.m. or from Delores Kimminau in Building 3

during those same hours Monday through Friday excluding weekends and holidays. For this reason, staff will need to plan ahead. The tickets can only be purchased with cash—no checks will be accepted.

In Memory of America's Tragedy

September 11, 2001

"We will not tire. We will not falter. And we will not fail."

George W. Bush, September 20, 2001

CONGRATULATIONS

Dr's. Michael Judson and Mindy Abel

September 5, 2010



STORM SUPPLIES RELOCATED *by Jean Luther*

Staff Development and Human Resources are occupying the areas where the school was located. The storm supplies were located in this area and were also moved. They are now located in the client storage room, 065, next to the client kitchen. The room requires a master key so the Youth Counselor, Night Supervisor or person with the Med Room keys can access the supplies when a warning has been announced.

JOINT COMMISSION MATCH-UP ANSWERS by Marj Colburn

1. Oversees the Education of the youth **Dave Baisinger**
2. Oversees the Education of staff **Susan Kotas**
3. Responsible for the Infection Control Program **Dr. Wyse**
4. Helps the youth earn Community Service hours **Steve Fielder, Sherry Block**
5. Organizes all of the Out-of-school activities **Sherry Block**
6. The go-to person for searches/contraband issues **Russ Meyer**
7. Safety Coordinator for HRC **Jean Luther**
8. Ultimately responsible for documentation/legal concerns **Nancy Kinyoun**
9. Manages personnel issues and payroll **LaDene Madson**
10. The go-to person for Mandt concerns **Heather Sidders**
11. Responsible for the substance abuse program **Dr. Judson**
12. Sends out the delinquent Medical Record list **Nancy Kinyoun**
13. Makes sure staff have licenses and certifications **LaDene Madson**
14. Addresses medical needs of the youth **Dr. Wyse**
15. Supervisor of all teachers **Dave Baisinger**
16. Takes care of youth lab work (UAs, blood) **Jean Luther**
17. The Supervising Practitioner of HJCDP **Dr. Judson**
18. Responsible for Learning Committee/BAMs **Heather Sidders, Russ Meyer**
19. Has work responsibilities from Omaha to Scottsbluff **Susan Kotas**
20. Always pleasant and smiling **wild card!!**
21. Risk Manager for HRC **Marj Colburn**
22. Oversees Performance Improvement projects **Marj Colburn**
23. HRC's CEO **Bill Gibson**